



CMYK

# FLAG DAY IS JUNE 14: Now, more than ever, Americans need to fly ‘Old Glory’

From WWWUSAFlag.org

Inspired by three decades of state and local celebrations, Flag Day -- the

anniversary of the Flag Resolution of 1777 -- was officially established by the proclamation of President Woodrow Wilson on May 30th, 1916. While Flag Day was celebrated in various communities for years after Wilson's proclamation, it was not until August 3rd, 1949, that President Harry Truman signed an act of Congress designating June 14th of each

year as National Flag Day.

## Flag Day Author unknown

What's a flag? What's the love of country for which it stands? Maybe it begins with love of the land itself. It is the fog rolling in with the tide at Eastport, or through the Golden Gate and among the towers of San Francisco. It is the sun coming up behind the White Mountains, over the Green, throwing a shining glory on Lake Champlain and above the Adirondacks. It is the storied Mississippi rolling swift and muddy past St. Louis, rolling past Cairo, pouring down past the levees of New Orleans. It is lazy noontide in the pines of Carolina, it is a sea of wheat rippling in Western Kansas, it is the San Francisco peaks far north across the glowing nakedness of Arizona, it is the Grand Canyon and a little stream coming down out of a New England ridge, in which are trout.

It is men at work. It is the storm-tossed fishermen coming into Gloucester and Provincetown and Astoria. It is the farmer riding his great machine in the dust of harvest, the dairyman going to the barn before sunrise, the lineman mending the broken wire, the miner drilling for the blast. It is the servants of fire in the murky splendor of Pittsburgh, between the Allegheny and the Monongahela, the trucks rumbling through the night, the locomotive engineer bringing the train in on time, the pilot in the clouds, the river running along the beam a hundred feet in the air. It is the clerk in the office, the housewife doing the dishes and sending the children off to school. It is the teacher, doctor and parson tending and helping, body and soul, for small reward.

It is small things remembered, the little corners of the land, the houses, the people that each one loves. We love our country because there was a little tree on a hill, and grass thereon, and a sweet valley below; because the hurdy-gurdy man came along on

a sunny morning in a city street; because a beach or a farm or a lane or a house that might not seem much to others were once, for each of us, made magic. It is voices that are remembered only, no longer heard. It is parents, friends, the lazy chat of street and store and office, and the ease of mind that makes life tranquil. It is Summer and Winter, rain and sun and storms. These are flesh of our flesh, bone of our bone, blood of our blood, a lasting part of what we are, each of us and all of us together.

It is stories told. It is the Pilgrims dying in their first dreadful Winter. It is the minute man standing his ground at Concord Bridge, and dying there. It is the army in rags, sick, freezing, starving at Valley Forge. It is the wagons and the men on foot going westward over Cumberland Gap, floating down the great rivers, rolling over the great plains. It is the settler hacking fiercely at the primeval forest on his new, his own lands. It is Thoreau at Walden Pond, Lincoln at Cooper Union, and Lee riding home from Appomattox. It is corruption and disgrace, answered always by men who would not let the flag lie in the dust, who have stood up in every generation to fight for the old ideals and the old rights, at risk of ruin or of life itself.

It is a great multitude of people on pilgrimage, common and ordinary people, charged with the usual human failings, yet filled with such a hope as never caught the imaginations and the hearts of any nation on earth before. The hope of liberty. The hope of justice. The hope of a land in which a man can stand straight, without fear, without rancor.

The land and the people and the flag, the land a continent, the people of every race, the flag a symbol of what humanity may aspire to when the wars are over and the barriers are down: to these each generation must be dedicated and consecrated anew, to defend with life itself, if need be, but, above all, in friendliness, in hope, in courage, to live for.

## Newly elected board for Wives' Club

Navy Wives' Clubs of America (NWCA) Memphis #119 held its installation of new officers for 2005-2006 recently.

The newly elected board consists of:

President: Eleanore Salas; Vice President: Sandra Hibbard; Corresponding Secretary: Peggy Hesford; Recording Secretary: Melinda Menser; Treasurer: Patricia Rutter; Chaplain: Susan Martinez; Parliamentarian: Tonya Martchek.

The Wives' Club would like to thank the outgoing board for all their hard work and dedication this past year:

President: Lois Wilber; Vice President: Eleanore Salas; Corresponding

Secretary: Dawn Detje; Recording Secretary: Susan Martinez; Treasurer: Pam Sage; Chaplain: Sandra Hibbard; Parliamentarian: Patricia Rutter.

All enlisted Army, Navy, Marine and Coast Guard spouses are welcome to join NWCA #119.

With the exception of July, the club holds its monthly meetings on the first Monday of the month. The July meeting will be held on July 11<sup>th</sup> since the 4<sup>th</sup> of July is a holiday. Come early; refreshments are served at 6:45 p.m. The meeting begins at 7 p.m. at NSA Mid-South. For more information, please contact Eleanore Salas at 901-921-8881.



WW1 U.S. Navy recruiting poster

## The Service Flag hangs in windows anew for War on Terror

The Service Flag is an official banner authorized by the Department of Defense for display by families who have members serving in the Armed Forces during any period of war or hostilities the United States may be engaged in for the duration of such hostilities.

The service flag (also known as "blue star banners" or "son in service flags") was designed and patented by World War I Army Captain Robert L. Queissner of the 5th Ohio Infantry, who had two sons serving on the front line. The flag quickly became the unofficial symbol of a child in service.

During World War II, the practice of displaying the service flag became much more widespread. In 1942, the Blue Star

Mothers of America was founded as a veteran service organization and was part of a movement to provide care packages to military members serving overseas; and also provide assistance to families who encountered hardships as a result of their son or husband serving during the war.

Virtually every home and organization displayed banners to indicate the number of members of the family or organization serving in the Armed Forces, and covered those blue stars with a gold star to represent each member that died.

The Department of Defense specifies that family members authorized to display the flag should place it in a window of the residence of persons who are members of the immediate family.



## Newsbriefs

### Stress, stop-smoking classes

Anthony P. Doran, PhD., clinical psychologist for Navy Personnel Command (NPC), is conducting stress management and tobacco cessation classes on Thursdays in June. Anyone may attend the classes by registering with Doran at 874-4391. Space is limited.

### Health Clinic and Pharmacy closing

The Naval Branch Health Clinic and Navy Exchange Pharmacy will close at 11:30 a.m. on Wednesday, June 22, 2005 for their change of charge ceremony.

### Navy-Marine Corps Relief Society

The Navy-Marine Corps Relief Society is a valuable resource to Sailors, Marines and their families. For more information or assistance in any way, please call 874-7350 to schedule an appointment. Walk-ins are discouraged. The hours of operation are Tuesday, Wednesday and Thursday from 9 a.m. to 1 p.m. The Thrift Shop, located at building S-239, is open Tuesday and Thursday from 11 a.m.-1 p.m.; Wednesday and Friday from 9 a.m.-1 p.m., and the first Saturday of each month from 9 a.m.-1 p.m.

### D.C. Relief Society workers needed

If you have experience as a Navy-Marine Corps Relief Society (NMCRS) caseworker, are moving to metropolitan Washington, D.C., and are interested in full or part-time employment, the Society's headquarters has immediate openings for several certified or Level 3 Society caseworkers. In brand new office spaces in Arlington, Va., the Society offers an impressive compensation package that includes excellent benefits, including free garage parking. Interested and qualified applicants should contact NMCRS by e-mail: HR@hq.nmcrs.org; by mail: HR Division, Navy-Marine Corps Relief Society, 875 N. Randolph Street, Suite 225, Arlington, Va. 22203; or by fax: (703) 696-0144.

### FFSC classes

The Fleet and Family Support Center (FFSC) will sponsor the Work Force Essentials Spouse Employment Program Orientation on June 14, noon-1 p.m., FFSC Classroom 2. The orientation provides information about requirements, qualifications, and participation in the Workforce Essentials Spouse Employment Program. Call 1-800-474-3042 to schedule an appointment. Also, an Interviewing Workshop will be held June 14 from 2-3:30 p.m., FFSC Classroom 2. Extensive training will be given to assist participants in learning what to do and what not to do in an interview. Class includes basics, such as what to wear and take, and advanced information including how to answer tough questions.

## Citizens can own and display U.S. flag flown in Iraq

From WWWUSFlag.org

People can show their support both for their country and those who serve to protect our way of life and liberty by owning a flag flown over Iraq by Marine Medium Helicopter Squadron 364, otherwise known as the world famous "Purple Foxes."

Each flag flown by the Purple Foxes will be returned with a certificate of authentication containing the squadron logo, the date it was flown and the signatures of both the Commanding Officer and the Sergeant Major.

The customer provides the flag; they may already own one or they can purchase one from a source of their choosing. The customer then will mail the flag to the squadron address below) along with instructions, if any, as to when they would like to have it flown (the squadron may return during September 2005).

Mail the flag (or flags) to:  
Lt Col. Michael R. Hudson  
Commanding Officer  
HMM-364 Unit 42015  
FPO AP 96426-2015

## Life is a balancing act...

If you can answer YES to any of the following questions, the NSA MidSouth Child Development Home program might be for YOU!

- I would like to bring in extra income for my family, but be able to stay at home with my child(ren).
- I live on base.
- I live within a fifty mile radius of the base.

We are looking for potential providers who will care for children under the age of two. If you are interested in becoming a CDH Provider, please make plans to attend our next scheduled orientation.



## PROVIDER ORIENTATION

June 13-17

CDH Office, Bldg. S-780  
0900-1500

Please RSVP by June 10 to Dianne Ciccio  
at 874-7309 or email at: diane.ciccio@navy.mil

# Commentary

## Speaking for the fleet

### Help shape tomorrow's leaders

By **FLTCM(AW/SW)**  
**Jon R. Thompson**  
**Fleet Master Chief Petty Officer**  
**U.S. Fleet Forces Command**

Each summer, midshipmen from the U.S. Naval Academy embark upon a summer training program that places all third, second and first class midshipmen into the fleet between academic years. The purpose is to prepare them for commissioned service through active participation in the duties and responsibilities of petty officers and junior officers.

Midshipmen second and third class integrate into commands at a level commensurate with petty officer third or second class, and midshipmen first class integrate as junior officers. The intent is, through three consecutive summers of training, that midshipmen will walk in the shoes of petty officers and officers, giving them a broad perspective of the Sailors they will soon lead and serve with.

For all of you who serve at commands that will host midshipmen, I have some advice and expectations I'd like to share with you.

I can't overstate the importance of ensuring our midshipmen learn from the very best during their summer training. In every instance, running mates should be assigned that exemplify the image of a sharp, knowledgeable, professional Sailor. The Sailors chosen to be running mates should be volunteers and have a sincere desire to mentor our future officers.

Midshipmen first class must be assigned to highly motivated

lieutenants or lieutenant junior grade who are warfare qualified. Midshipmen second and third class must be assigned to highly-motivated, warfare-qualified third or second class petty officers.

Command leadership must also remain engaged in the training process and monitor the progress of each and every midshipman assigned. My experience is that when the commanding officer, executive officer, command master chief, officers and chiefs take an active interest in the implementation of this training program, the midshipmen walk away with a much more positive impression of the command and receive an invaluable amount of fleet experience.

My challenge to the leadership in all commands hosting midshipmen is to make the experience meaningful from the moment they arrive to the day of departure. My challenge to all of you who will serve as running mates is to embrace your role as being meaningful, and do everything in your power to educate, train, and mentor your midshipmen. You should also understand that in the years to come, the person you guide just might become your division officer, department head, or even commanding officer later down the road. The relationships you forge today may indeed last a lifetime if you show a legitimate interest in making your midshipman a great officer.

The goals of summer training are pretty clear. Each midshipman will report aboard with a cruise guide that spells out the various watch stations and tasks he or she is

supposed to accomplish. Very similar to warfare qualifications, every attempt should be made to accclimate the midshipmen to watchstanding, engineering, operations, weapons, deck, etc. The more you expose them to, the smarter they will be.

Keep in mind that safety is paramount. It's important to ensure our midshipmen have hands-on experience, but it's our job to ensure they don't get hurt. If you insist safety is a key issue, they will see safety is not an afterthought.

Shipmates, training midshipmen can be extremely gratifying. Although I truly believe we shape tomorrow's leaders every day of the week, training midshipmen is one of the most satisfying and rewarding things any of us can do. If we all do our part to welcome them aboard, expose them to every facet of Navy life, truly engage them in watchstanding, teach them how to lead people, and ensure they understand not only what we do, but why we do it, the skills they bring to the fleet after graduation will be serve us all.

The immediate professional expertise of the newly commissioned ensigns reporting to the fleet depends on all of us. If we all don't take it upon ourselves to teach the midshipmen now, our future leadership may not fully appreciate the need to maintain our incredibly high standard in the fleet.



Thompson

## Chaplain's corner

### What do chaplains do?

By Chaplain Rob Beede

When I meet a person at a social event, or if I'm in uniform out in town, I'm often asked, "Chaplain, what exactly do you do?"

It's a good question! Some people think we sit around and pray all day (we pray, but not all day). Others think we do worship services for all sorts of religions (we lead worship for those of similar faith to ours: for those of other faiths, we get someone from their faith to lead worship for them). Others see us as "generic" ministers (there's no such thing as a generic chaplain).

Navy chaplains have been around since 1775. Each is a minister endorsed by a specific group or denomination. (Mine happens to be Bible Presbyterian.) There are more than 250 religious denominations and faith groups that endorse chaplains. These religious groups include Protestant, Roman Catholic, Orthodox, Jewish, Buddhist and Islamic.

"Protestant" includes Christian churches like Baptist, Methodist and many others. Currently there are more than 800 active-duty Navy chaplains serving our military and Defense Department civilians and contractors.

We do many things like worship services, Bible studies, counseling, funerals, memorial services, baptisms and weddings. Congress mandates that we provide for the free exercise of religion in the military.

However, you don't have to be religious to see us. I've had several atheists come talk with me because they wanted someone to listen to them who cared.

You will find Navy chaplains on base, aboard ship, at naval hospitals and also serving with Marines and Coast Guardsmen.

The most important thing to remember about us is that *we are here to serve you*. That's what we do!

## Company offers troops, families special Father's Day deal

NNS

Cardstore.com announced June 1 that it's providing a Father's Day card service for troops and their families.

This service is free for forward-deployed U.S. troops serving in the Middle East, and costs 99 cents for those assigned elsewhere.

The company said it will make the process as easy as possible for U.S. military personnel and their families to remember Dad on his special day. They can visit the company's Web site and select greeting cards online, or create their own by uploading a photo, and then adding a personal note to the inside. To take advantage of the 99-cent offer, enter promotion code usdad99 at checkout. Cardstore.com will then print and mail the cards in

time for Father's Day June 19.

"Because of the many notes of appreciation we received from the troops for our Mother's Day initiative, Cardstore.com decided to add the Father's Day promotion," said Al Hulvey, company chief executive officer.

The company is engaging in the Father's Day effort as part of its partnership with America Supports You, a nationwide Department of Defense program that showcases America's support for the men and women of the armed forces.

Since the launch of the America Supports You program in November, more than 2 million Americans, including individual citizens, businesses and organizations, have logged onto its Web site.

## Kids can scoot along safely with good guidance

From NSA Mid-South Public Safety

High-tech, foot-propelled scooters have become a global fad. Powered by the energy of the rider, they exercise the muscles and heart. They also require balance to ride on one leg while pushing with the other. Above all, they're fun to ride.

Today's kickboard scooters have small, low-friction plastic wheels like those on in-line skates. Made of lightweight aluminum, they can weigh as little as three or four kilograms (six pounds) and fold for easy carrying.

No wonder their popularity skyrocketed almost overnight -- accompanied, not surprisingly, by a surge in related injuries. In 2000, as millions of Americans took up scooter riding, the U.S. Consumer Product Safety Commission (CPSC) reported a 700-per cent increase in emergency visits for scooter injuries. Although scooters are equally popular among urban professionals and youngsters, 90 percent of the injuries were to children



under 15 years of age. According to CPSC, *protective gear could have prevented or reduced over 60 per cent of all injuries*.

Scooters, like bicycles and skateboards, are not in themselves dangerous. In normal use they seem to be just as safe. Similar safety precautions apply. Most scooters are designed to be ridden on smooth, flat

surfaces. The small wheels can get caught in potholes, cracks or grated sewer covers. As with any sport, riders need common sense, skill and the proper equipment, and children must be supervised by a responsible adult.

Most scooters were not built for daredevil stunts. With a standard platform less than half that of a skateboard and only two wheels, they are less stable than a four-wheeled skateboard. The one U.S. fatality reported was a six-year-old New Jersey boy hit by a car in 2000 while riding a scooter on his home street.

Here are some scooter safety tips (you can find these included with every new scooter purchase):

- Wear the right gear. Protect yourself with a helmet, pads for the knees and elbows, and gloves. Wear shoes with toe protection -- never bare feet, sandals or high-heels.
- Ride in a safe place: on a smooth, paved surface without traffic. Avoid streets or surfaces with water, sand, gravel or dirt.
- Do not ride the scooter at night or in bad weather.



## FLEET AND FAMILY SUPPORT CENTER

PRESENTS :

### "ACTIVE PARENTING FOR TEENS"

BEGINS JUNE 20  
AND CONTINUES JUNE 27, JULY 11, 18, 25, AND AUG. 1  
11 a.m.-1 p.m. EACH AFTERNOON  
BUILDING S-456

This informative six-session course will build on your skills toward being a more active parent with your teens ages 13-17. Topics include:

- |                                      |           |
|--------------------------------------|-----------|
| The Active Parent                    | - JUNE 20 |
| Courage and Self-Esteem              | - JUNE 27 |
| Teen Behavior and Problem-Solving    | - JULY 11 |
| Responsibility and Discipline        | - JULY 18 |
| Cooperation and Communication        | - JULY 25 |
| The Problem-Solving Family in Action | - AUG. 1  |

Meet the challenges of parenting your teen and enjoy it. All classes/workshops at FLEET AND FAMILY SUPPORT CENTER are free; however, registration is required. Contact Linda Busby at 874-5075.



**What:** CHAPEL MINISTRY LUNCHEON

**Where:** NSA Mid-South Chapel Center

**When:** Thursday, June 9 at noon

**Guest Speaker:** Mardest Van Hooks  
Church of God in Christ  
Memphis

**Who:** Everyone is invited

**Why:** To join together for food, fun and spiritual fellowship



## Quote noted

Never hate a song that's sold a half million copies. -- *Irving Berlin, composer*

The worst moment for the atheist is when he is really thankful and has nobody to thank.

-- *Dante Gabriel Rossetti, English artist and poet*

I don't like money, actually, but it quiets my nerves.

-- *Joe Louis, American boxer*

We have no desire to make anybody look like a blithering idiot, but we do love it when they do. -- *Stephen Colbert, American writer, comic, actor*

I've been close to Bette Davis for 38 years -- and I have the cigarette burns to prove it. -- *Henry Fonda, actor*

So that's what hay looks like.

-- *Queen Mary, English royalty, on evacuation from the palace during WWII*

## The Bluejacket

Commanding Officer .....	Capt. Helen F. Dunn
Executive Officer .....	Cmdr. Russell M. Chang
Public Affairs Officer .....	David W. Crenshaw
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Public Affairs Specialist .....	Michael J. Elter
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## Local officer's daughter's enlistment marks three generations of family's service

**By JO1  
Teresa Frith  
NPC Strategic  
Communica-  
tions**

Three generations of the Harris Family have served their country as part of the U.S. Navy, with SN Rebecca Kaye Harris completing boot camp May 27, as the latest in the Harris family to serve

Her father, Cmdr. William K. Harris, now serves here as the Navy Personnel Command Branch head of PERS-673. He enlisted in December 1973 and has been on active duty ever since. Harris was commissioned as an administrative limited duty officer in August 1985.

Rebecca graduated from Recruit Training Center, Great Lakes, Ill. and will remain in Great Lakes to attend Hospital Corpsman "A" School.

Her grandfather, Wayne Harris, served from 1946 to 1947, and was honorably discharged as a fireman



SN Rebecca Kaye Harris (above, center) stands with her parents, Cmdr. William K. Harris and Donna Harris after graduating from Navy boot camp on May 27, making her part of the third generation of Harrises to serve in the military. Besides her father, Rebecca's sister, Judith (below) is also serving in the Navy and her grandfather, Wayne, served from 1946-1957.

first class

Rebecca's sister, MA3 Judith Hahn, enlisted in June 2002 and is still on active duty at the Security Detachment in Kings Bay, Ga.

"It was a great honor to enlist Rebecca in the U.S. Navy as she left for boot camp in April, said Cmdr. Harris. "Our trip to Great Lakes with our family to see her graduate truly marked the beginning of her career. It's exciting for all of us to carry on this proud Navy legacy."



## Navy Exchange customers still save more than 21 percent

## NNS

The Navy Exchange Service Command's (NEXCOM) first independent pricing survey done in February 2005 shows that customers are still saving more than 21 percent on the products they purchase from the Navy Exchange. The savings are even greater when sales taxes are added.

Retail Data, the independent research firm that conducted the survey, compared the prices on approximately 400 items in Navy Exchange against major retailers.

"For the third consecutive pricing survey, the results indicate that customers are saving over 21 percent when they shop at their Navy Exchange," said Rear Adm. Robert E. Cowley III, NEXCOM's commander. "Our mission is to provide quality goods and services at a

savings and to support quality of life programs. We are meeting our mission with these survey results."

In each of the 36 different departments shopped throughout the stores, the Navy Exchange continues to save customers money. For example, in luggage, the savings are 45 percent; in home furnishings, 38 percent; in boys clothing, 34 percent; in girls' clothing, 33 percent; in shoes, 26 percent; in infants/toddlers clothing, 25 percent; in toys, 24 percent; in cameras, 16 percent; in electronics, 14 percent; and in computer and peripheral equipment, nine percent. Once again, these savings are all before sales tax.

The survey also determined savings by eight major regions in the United States. The savings found in Bethesda, Md., were 20.76 percent; Everett, Wash., 21.35 percent; Great Lakes, Ill., 19.58



percent; Jacksonville, Fla., 20.70 percent; Norfolk, Va., 19.71 percent; Pearl Harbor, 24.13 percent; Pensacola, Fla., 20.27 percent; and San Diego, 22.23 percent.

"I hope our customers are beginning to realize that when we say 'We Save You Money Every Day,' that it's not just a slogan in our stores," said Cowley. "It really means what it says. Our customers can be confident that every time they shop in a Navy Exchange, they are saving money."

For related news, visit the Navy Exchange Service Command Navy NewsStand page at [www.news.navy.mil/local/nexcom/](http://www.news.navy.mil/local/nexcom/).

## Online video game new tool for recruiting

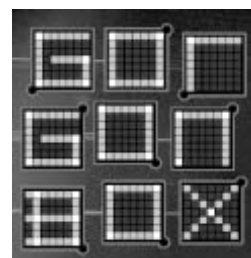
By Jeffrey G. Nichols  
CNRC Public Affairs

Your awareness is heightened. You sense someone is watching you, monitoring your movements, waiting for you to get closer. You have no time to waste; you need to reach the downed plane and extract the sensitive information. Your country is depending on you -- are you up to the challenge?

Navy Training Exercise (NTE) "Strike and Retrieve" is a new online video game that was developed by Commander, Navy Recruiting Command and its advertising agency to help build interest in and awareness of Navy high-tech jobs. It uses a hypothetical scenario to challenge the player to locate and secure top-secret documents from within a downed unmanned reconnaissance plane, all the while battling challenging underwater terrain, deep sea creatures and an opposing force also on the trail of the downed plane.

Strike and Retrieve has been developed to provide young men and women aged 17 to 24 with a chance to participate in a "highly sensitive, top-secret" mission. While Navy Recruiting continues to reach out to this audience via more conventional recruiting methods, gaming and interactive electronic media have increasingly become an aspect of this audience's daily lives. Accordingly, the Navy is working to reach them via these new avenues.

Strike and Retrieve will draw participants and test their skills in dif-



ferent areas that Sailors in the Navy experience in their everyday life and challenge their own skills. There will also be an opportunity for players to learn more about the Navy while searching for special codes to help guide them through the game. The game directs players to Navy.com to find the special codes. The initial version of Strike and Retrieve is downloadable from the Internet and is stand-alone (one player). Plans for future missions and versions that will grow with technology, the Internet and player demands are still under consideration and planning.

Strike and Retrieve is expected to be rated "E" for everyone. The game is mentally challenging, and while the game is aimed at a specific age group -- younger players -- more experienced players can also enjoy the game without fear of violence and gore.

The game is planned for launch on June 15. For more information on the game scenario, go to <http://gorgonbox.com>.

**VACATION BIBLE SCHOOL**  
**NSA CHAPEL CENTER**

**JUNE 20 - 24, 2005**  
**6:00 - 9:00 p.m.**  
**Ages 5 - 12 years old**



Registration forms available at the Chapel Center.

All registered children must have a Medical Power Of Attorney, also available at the chapel. For more information call the Chapel Center at 874-5341.

*Teenage helpers are needed as volunteers and welcome,  
but must also be registered.*

**We WANT**  
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**SPOUSE EMPLOYMENT PROGRAM**

**BOOST your family's income!**  
**To find out if you qualify, call us today**  
Program orientation -- June 14<sup>th</sup>, noon-1 p.m., FFSC classroom 2 -- provides  
information about requirements to qualify. Call 1-800-474-3042 to register.

\*These requirements are given special use for military service members and their families. This  
program is not available to all spouses. It is a special program for military spouses only.  
(Unemployed) Spouse and family members in a military spouse's family are eligible for  
assistance with education and training. Spouse must be a resident of the state of North Carolina.  
©2004 WorkForce Essentials Inc.

**1- 800- 474- 3042**



American Society of Military Comptrollers

Tri-State Chapter  
NSA Mid-South  
Millington, TN

MONTHLY MEETING ANNOUNCEMENT

**June 15**  
**11:30 a.m.-1 p.m.**

**Location:** Helmsman Complex, NSA MID-SOUTH

**Guest Speaker:** Robert Barnes, Memphis Grizzlies

**Topic:** *The Grizzlies and their Community Service*

**Menu**  
(Subject to change)  
Fried chicken  
Smoked sausage with peppers and onions  
Tomato salad  
Potatoes  
Green beans

Please buy your tickets from your representative prior to correct listed below **NO LATER THAN FRIDAY, June 10<sup>th</sup>**. Your tickets must be paid in advance: \$7.25 for members, \$8 for non-members. Make checks payable to "Tri-State Chapter ASMC." Reservations are first, please make sure you buy your ticket in advance if you plan to attend.

**Organizational Points of Contact:**

NPC:	Oberla Malone	874-3902
	Celia Webster	874-3095
	Tawnyia Mullins	874-4356
CNE:	Diane Ward	874-4324
USAC-PHM:	Marsha Newton	944-0788
MPST:	Joyce Alexander	874-2123
CNRC:	Jacqueline Henry	874-9087
USAC-PC:	Freda Whiting	874-8845
	Clifford Boone	874-8720
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	Jacqueline Hoots	874-8704
	Carol Kerssick	874-8531

Beneficiaries who file their own TRICARE claims should remember that, with few exceptions, claims must be filed within one year of the date of medical service or from the date of discharge from an inpatient facility.

That's the word from officials, who added that beneficiaries also have one year from the date they receive medication to file for reimbursement of pharmacy claims. Additionally, the one-year filing deadline applies to those who file on behalf of individuals with other health insurance.

TRICARE beneficiaries who use non-network pharmacies to obtain their prescription drugs pay full price at the pharmacy and then must file a claim to obtain reimbursement. Beneficiaries have many options for obtaining a claim form (DD 2642): from a TRICARE Service Center, beneficiary counseling and assistance coordinator or health benefits advisor at their military treatment facility; by mail from the TRICARE Management Activity, 16401 E. Centretech Parkway, Aurora, Co. 80011-9043; or online at [www.TRICARE.osd.mil/claims](http://www.TRICARE.osd.mil/claims).

## Navy Log: Living library honoring sea service members

For a \$25 tax-deductible donation, the name of any current or former service person in the U.S. Sea Services can be added to the Navy Log. Individual log entries include name, branch of service, rate or rank, dates of service, date and place of birth, duty stations, and awards or honors. Pictures and service memories can also be added for additional donations of \$25 each. Registration in the Navy Log includes lifetime membership with the U.S. Navy Memorial Foundation.

Lonesailor.org photo

The Navy Log is on continuous display at the U.S. Navy Memorial in Washington, D.C. Major revisions to the log that will allow for the preservation of more information are currently

For more information or to register someone in the Navy Log, please visit online at [www.lonesailor.org](http://www.lonesailor.org) or call 1-800-NAVYLOG.

For more information on exceptions to the one-year timely claims filing deadline and for claims requirements, beneficiaries may visit [www.TRICARE.osd.mil/claims](http://www.TRICARE.osd.mil/claims). For additional information on where to file claims, beneficiaries should go to [www.TRICARE.osd.mil](http://www.TRICARE.osd.mil), click on their specific TRICARE region, and obtain information regarding the TRICARE Retail Pharmacy or the TRICARE Mail Order Pharmacy, as appropriate.



Warren Roseborough photo

Janice M. McConnell (left), Housing Facilities, receives a command coin from Captain Helen F. Dunn, commanding officer, Naval Support Activity Mid-South, during McConnell's retirement ceremony after 30 years of government service.

NNS

According to the yielded research, which was published in the *New England Journal of Medicine* May 19, other common screening methods such as fecal blood testing and flexible sigmoidoscopy (examining only the lower quarter of the colon) are not as successful in diagnosing advanced pre-cancerous polyps. In fact, screening methods other than colonoscopy may end up missing deep-set, pre-cancerous colon polyps in up to 30 percent of men and up to 65 percent of women, according to the study's lead author, Phillip Schoenfeld. Formerly of NNNMC and now an assistant professor at the University of Michigan Medical School, Schoenfeld continues to work with the Gastroenterology division at NNNMC and the Unified Services University of the Health Sciences.

"While fecal occult blood testing and flexible sigmoidoscopy are less expensive, faster and require no sedation, 65 percent of women with advanced pre-cancerous polyps in our study would have lesions missed if these were the only screening tests performed, because pre-cancerous

The study's findings may be most significant for the civilian health care industry. NNMC has used colonoscopy as its primary screening tool since 2001, but many civilian providers are still using blood testing and sigmoidoscopy, according to Cmdr. Brooks Cash, director of clinical research within the Gastroenterology Division and Colon Cancer Center Initiative at NNMC.

"Many places in the country do not have the necessary resources to offer colonoscopy to all eligible patients," Cash said. "That being said, sigmoidoscopy and stool cards are acceptable methods of screening; some screening is better than no screening at all."

The study not only reaffirmed the value of colon cancer screening, it also exposed some slight differences between the way men and women develop colon cancer. The study – first of its kind to focus on female patients – also seemed to indicate women tend to develop colon cancer 10 to 12 years later in life compared to men; however, experts feel this may have little impact on overall disease progression.

According to Cash, both sexes have the same statistical chance of developing colon cancer, and about 6 percent of those who are not screened regularly develop colon cancer.



**SALES TAX**  
EVERYDAY AT  
THURSDAY-FRIDAY STORE

## NEX Memphis

### June 2005

## Calendar of Events

**LOW PRICES**  
We Guarantee It!  
ADVERTISING

**NEX prices**  
**21.2%**  
below competitors



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday																					
		5		6		7		8		9		10																					
<b>Nice &amp; Easy Hair Color</b> <b>3.99</b> <small>Reg. 6.49</small> <b>You Save \$2.50</b>		<b>'All Month' All Perms, Colors, &amp; Relaxers</b> <div style="background-color: black; color: white; padding: 5px; text-align: center;"> <b>20% Off</b> </div>		<b>\$1.00 Off Haircut</b> <b>Sale \$6.50</b> <small>Reg \$7.50</small> 		<b>Great Gifts for Dads &amp; Grads</b> <b>Sale Begins</b>		<b>Scratch Off Postcard Event</b> <b>Thru June 12</b>		<b>20% Off</b> <small>Entire Stock Watches from Seiko, Citizen, Guess, Timex, &amp; More</small>		<b>3 for 9.99</b> <b>King Far Cabretta Reg. 4.99/ea</b> <b>Golf Gloves</b>																					
		12		13		14		15		16		18																					
<b>25% Off</b> <b>Men's Dress Shirts, Ties, Socks, &amp; Underwear</b>		<b>3.99</b> <b>Wrapped Spring Flowers</b> <small>thru June 19</small> 		<b>8.99</b> <b>16 pk. Titleist Recycled Golf Balls</b> 		<b>Father's Day Sale Starts</b>		<b>15% Off</b> <b>Motion Clocks By Rhythm USA</b>		<b>FATHER'S DAY BINGO</b> <small>5-8PM</small>		 <b>4/\$9 12 Pks.</b>																					
		10		20		21		22		23		25																					
<b>HAPPY FATHER'S DAY</b>		<b>\$35</b> <b>Manicure &amp; Pedicure</b> <small>Reg. \$40</small>		<b>1.29</b> <small>After \$1 coupon</small> <b>Right Guard &amp; Soft N' Dri Deodorant</b>		<b>NEX with Furniture &amp; Mattress Sale Begins</b>		<b>Victoria Secret Garden Product Semi-Annual Sale</b> <b>3 for \$15</b>		 <b>4/\$9</b> <b>12 Pks.</b> <small>*Register to Win! Trip for 2 to NASCAR Reunion Race in Atlanta</small>		<b>Buy 1, Get 1 1/2 Off</b> <small>Entire Stock (equal or lower value) Playtex, Bali, &amp; Maidenform Foundations</small>																					
<b>Last Day</b>		26		27		28		29		30																							
<b>All Beautyfest &amp; Posturepedic on Sale</b> <small>\$75 Off Item Set \$180 Off Full Set</small> <small>\$125 Off Queen Set \$150 Off King Set</small>		<b>29.99</b> <div style="border: 1px solid black; padding: 2px; display: inline-block;"> <b>AS SEEN ON TV!</b> </div> <b>Sound Vacuum</b> <b>Wet/Dry Cleaner</b>		<b>\$9.99</b> <b>Your Choice</b> <b>4 ply 5/8" x 75' Hose or Nozzle Set</b>		<b>NEX Sale Starts</b>		<b>All Swim Beach Toys</b> <div style="background-color: black; color: white; padding: 5px; text-align: center;"> <b>20% Off</b> </div>		<b>Citgo June Specials</b>																							
										<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Sale Price</th> <th>Item</th> <th>Reg. Price</th> <th>You Save</th> </tr> </thead> <tbody> <tr> <td>.99¢</td> <td>Gatorade 32 oz. Drinks</td> <td>1.49</td> <td>50¢</td> </tr> <tr> <td>.99¢</td> <td>Lay's Stax Chips</td> <td>1.59</td> <td>60¢</td> </tr> <tr> <td>2/\$4</td> <td>Chips Ahoy Cookies</td> <td>3.39 ea.</td> <td>\$2.78</td> </tr> <tr> <td>2/\$4</td> <td>Cinnamon Toast &amp; Lucky Charms</td> <td>4.38 &amp; 3.99</td> <td>\$4.38</td> </tr> </tbody> </table>		Sale Price	Item	Reg. Price	You Save	.99¢	Gatorade 32 oz. Drinks	1.49	50¢	.99¢	Lay's Stax Chips	1.59	60¢	2/\$4	Chips Ahoy Cookies	3.39 ea.	\$2.78	2/\$4	Cinnamon Toast & Lucky Charms	4.38 & 3.99	\$4.38		
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<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <div style="background-color: black; color: white; padding: 5px; margin-bottom: 10px;"> <b>PACKAGE STORE</b> </div> <div style="background-color: black; color: white; padding: 5px; margin-bottom: 10px;"> <b>EVERY FRIDAY IN JUNE</b> </div> <div style="background-color: black; color: white; padding: 5px; margin-bottom: 10px;"> <b>12-3PM</b> </div> <div style="background-color: black; color: white; padding: 5px;"> <b>BEVERAGE TASTING</b> </div> </div> <div style="text-align: center;"> <h2 style="margin: 0;">Coming in July</h2> <div style="display: flex; justify-content: space-around; align-items: center;">  <div style="text-align: center;"> <b>*4th of July Sale</b>  <b>*Back to School</b> </div>  </div> </div> </div>																																	